

FEBRUARY 2016

GUIDE — AND — DIGEST



A PUBLICATION OF HMC-TV AT HERSHEY'S MILL



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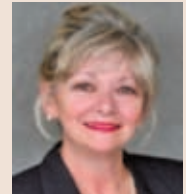
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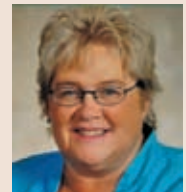
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Office hours are Monday-Saturday from 10-5 p.m.,
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All submissions are welcomed. Send to hmctvguide@comcast.net, Attention Editor. Hardcopy submissions are not accepted. Articles should be limited to 500 words (although others may be considered), and photographs should be high-resolution. HMC-TV determines suitability and has sole discretion to publish any submission. Submissions are due by the 22nd (38 - 41 days in advance of each edition) for possible inclusion (those received after will be reviewed for the next); contact the Editor for exceptions. Articles are subject to editing for space, clarity, and grammar. Contents are from various sources; the information and opinions are of the author, and may not reflect those of Hershey's Mill Community-TV, its officers, or directors.

HMC-TV Guide and Digest

Volume XVII Number 2 - February 2016

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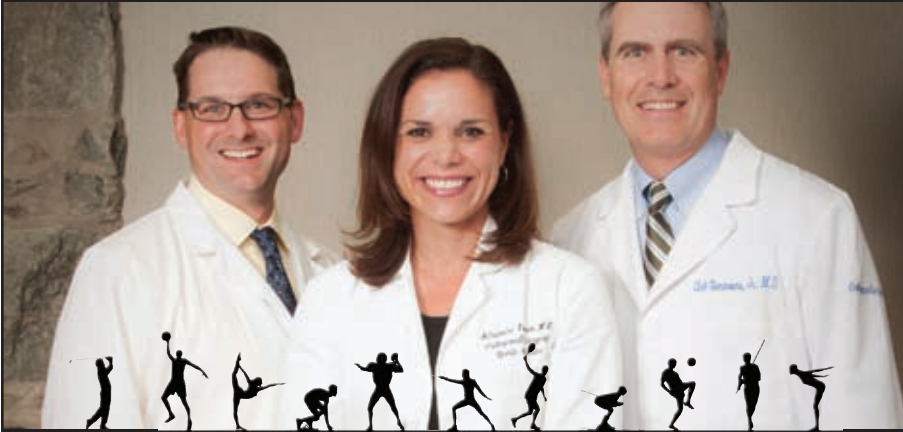
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Cover: Our red rose is a burst of color in what can be a gray and cold month. For an idea about what you can do with your own flower photos, check out page 11.

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(Left to Right) Todd Michener, MD, Adrienne Towsen, MD, Chet Simmons Jr., MD

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FROM THE MAIN GATE

Marc Fraser | Director of Security

Please be very aware of "black ice" this winter. This almost-transparent form of ice can sometimes accumulate on outdoor surfaces and is extremely difficult for the naked eye to detect. During this time of year, the Security Department responds to a high number of emergencies that are the result of a person slipping and falling on black ice. Storing Ice Melt or salt in the house is an excellent idea, as slippery walk-



ways can be treated without having to first use those walkways to access the Ice Melt or salt in your garage.

A Winter Black Ice Warning

Please also be aware that "black ice" is often found on roadways and can make driving quite dangerous. Be sure to obey all local traffic signs and give yourself plenty of room for stopping!



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Adair, Jerry & Helen

336-B Devon Way

Aschenbrenner, Judy

963 Kennett Way

Bozeman, Wayne &
Rosemary

761 Inverness Drive

Brickley, Payson

336-A Devon Way

Chiusano, Philip

1027 Kennett Way

Collins, Gary &
Rogers-Collins, Carol

1510 Ulster Way

French, Seth & Elizabeth

1656 Yardley Court

Howell, Edwin

(new #)

280 Devon Way

Koczur, Joseph & Margaret

1465 Quaker Ridge

McCauley, John & Toni

231 Chatham Way

Simmons, Michael & Ann

301 Devon Lane



This update is provided by Hershey's Mill Security. It's important for residents to inform Security, as soon as possible, of changes to their contact information.

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FLOWER NOTE CARDS

Since it's February, it means that Valentine's Day is here to remind us all to tell those we love that we're thinking about them. And there's no better way to say you're thinking about your sweetheart than with flowers – right? Well, that may not be the case. We were wondering if there was a way that a bouquet of flowers, and that wonderful feeling of being remembered, could last a bit longer – particularly in these cold days of winter.

each time one is used. For the person sending their thoughts, there is nothing quite like a handwritten note. And who doesn't love to receive such a personal

How about a Bouquet of Cards?



Since our very own Hershey's Mill community has such beautiful landscaping and flowers, we thought it might be nice to "gather up" a bit of that beauty, share it with those we love, and be reminded of it throughout the coming months. There's something particularly special about the beauty around us when it is shared with a sweetheart; but it is equally appreciated by the friends and neighbors also so dear to us.

treat in the mail; or to find one on the front stoop? So much nicer than email!

We hope you give this project a try. If you need help with the photography, we have a club for that. Plus computer clubs to help with technology questions. Not a photographer? Join the Art Group and give painting a try.

Making your own note cards is easy to do, and that special feeling will return

We wish each of you a very happy Valentine's Day.

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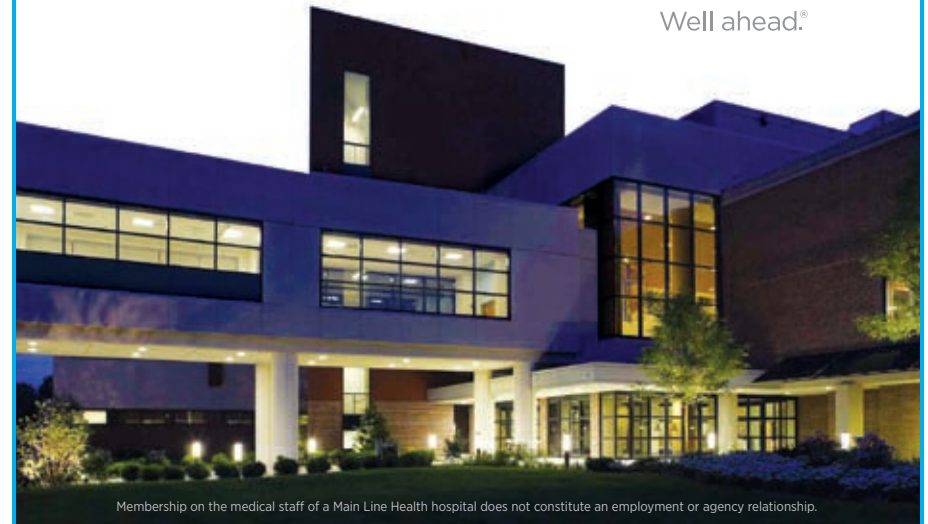
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Mary Kay Hagerty | Heatherton

“How many, many roads have we all travelled to get to where we are today?” says Ursula Ippoliti.

As a child, Ursula found herself sketching anything that would stay still, always trying to get it onto paper. Growing up in Sea Isle City, New Jersey, she always had a pencil or a paintbrush in her hand – enjoying sketching the beach and painting sea shells. Ursula was very aware of shapes, even sketching her mother’s shoes. As long as she can remember she has had an eye for color and enjoyed capturing those she saw. She was so conscious of color that she didn’t like watching black and white television because she felt color-deprived.

The oldest of three children, Ursula had a younger sister and brother. When she was about ten years old her parents moved the family to Philadelphia. It was fun living in the city, but Ursula returned to the shore every summer to stay with her Grandmother – whom she adored!

She was up for a scholarship to art school, but didn’t go since her father didn’t approve. She never gave up on art though, eventually attending the Philadelphia College of Art. She worked for the Department of Agriculture and the U.S. Forestry Service, and was a technical illustrator for Ewing Technical Design for five years.

She met and married her husband Bob in Philadelphia when she was 22. After they were married for a year, they moved to Wallingford where they raised three sons; Rob, Marc and Michael (who is autistic and has lived at Elwyn, a residential facility, since he was 13 years old).



I asked Ursula how she began her prolific and successful career as an artist. The scope of her work, she explained, spans fifty years. As a young mother she was home raising her sons. One Easter she was putting up decorations of ducks and chicks and realized that she didn’t have enough. Since she didn’t drive, she couldn’t run out and buy more, so she created more decorations! She got out her old art supplies and copied and painted more ducks

and chicks. When her husband came home he said “Where did you get all of those decorations?” They were so well-done that he thought she had bought them! This was the first time that he had really seen any of her work.

Through a colleague of her husband, she got a job painting 12 large pieces for a mobile that hung at the Franklin Institute. This was the first time she was actually paid for her work.

wanted a painting of their home. As her popularity grew, she began to realize what a great gift she had. She had the best of both worlds, pursuing a career in art, while at the same time being able to stay home and raise her children.

In 1996 her husband retired, giving her “the gift of time.” For the first time in her life she was able to paint night and day, which she loved! Gradually, Ursula’s work began to expand. She

Meet Ursula Ippoliti

Kennett Village

Graphics provided by Mary Kay Hagerty

Soon after, a neighbor saw her work and was instrumental in her getting a job working for Reuben Donnelly; the phone book publisher. She was doing illustrations and lettering for advertisements. This was done at home, on a free-lance basis, since Ursula wanted to be home with her children.

She began doing portraits of homes when her boys were in school; and it was at this point that Ursula realized how good her work was. She had always thought that everyone could paint, and people just

had a dear friend Tina who would show her work in the teachers’ room at her school. This is how she started selling her work. This same friend would drive her around to photograph places of interest. To this day, Tina acts almost as an unpaid manager. When she sees interesting places in her travels, she will call Ursula and give her the names and addresses.

Ursula loves history; she is an antique collector and has a large collection of beautiful antique dolls! Because she loves history, she sketched and painted scenes from Old New Castle,

Continued on next page



Delaware, and then discovered historical Williamsburg, Virginia. Now her favorite place to travel and capture through her artwork is Europe. Frequent trips there have added greatly to her portfolio. Her favorite country is Italy, where her father and maternal grandparents were born, and where she has twelve first cousins! She loves capturing the old-world charm of the country and speaks fluent Italian. Her travels through Europe took her to two river cruises this year on the Danube and Seine. She doesn't spend time visiting museums in Europe. Instead, as Ursula puts it, "I like to see real

to buy them, so she began selling them along with her finished paintings and prints. Her home is filled with her beautiful paintings and photographs. I was struck by her talent, and her eye for color, detail and focus!

The first gallery to show her work was in Chadds Ford; which was an honor for her since this is a very "artsy" area. She felt that she had arrived on the art scene! She also was in an art show at the Chadds Ford School for 20 years. Her work has been shown in 27 galleries. She has many works, such as

Up Close with Ursula

How long have you lived at Hershey's Mill? It will be 12 years in March.

In what activities are you involved at Hershey's Mill? I belong to the Social Club and was on the steering committee. My husband and I enjoy having dinner at the Club. I also belong to the Bible Study group.

How many children and grandchildren do you have? We have three sons, and two grandchildren (a girl and a boy who are now in College).

Favorite places to travel? I love to travel; and over a period of 25 years have been to 19 countries. My favorite

country to visit is Italy. We just came back from Paris; we were there a week before the recent shootings.

How did you come to Hershey's Mill? We lived in Wallingford for 39 years. One summer at our swim club I noticed that all of my friends had begun moving away. One friend bought a home here in Jefferson Village. I loved her house which was bright and cheerful. Our son lives nearby in Westtown, so we decided to look into Hershey's Mill. When I walked into this house in Kennett, the light from the skylight hit me – just like in my friend's house. We bought it and have loved living here ever since!

places, I look at everything, I devour what I see." Her works include landmarks and historical places, beaches, old train stations, Cape May, old Philadelphia, and European architecture.

Ursula is also a gifted photographer, taking many photos on her trips. She then sketches and paints from them when she returns home. Decorators noticed her photographs and wanted

prints and notecards, for sale now at Quincy Market Basket in Media. She has a catalog from which one can order watercolors and note cards. Her work can also be ordered from yessy.com. She learned to frame and mat her own work while working for a local framer. Ursula has had two shows at the Hershey's Mill Community Center as part of the annual house tour.

As she works in her home studio, usually on more than one piece at a time, Ursula becomes totally engrossed in

I like to see real places, I look at everything, I devour what I see.

her creations. Her husband often has to call her to bring her back into the "real world." Her travels have taken her to Israel twice, and she enjoyed seeing places where scenes from the Bible took place. She has a strong faith and is very involved in Christ Community Church; and has been on two Marion Malloy mission trips to Croatia and Rome.

When Ursula saw her grandson Jake pick up a pencil and start sketching at

the age of seven, she was thrilled to see her talent being passed down to him. Her granddaughter Ali is planning a mission trip to the Dominican Republic this May.

As she states, "Our world has much beauty in it. As I complete a painting and stand back and look at it, I know that I do not paint alone. I feel that I have a wonderful blessing in being given this talent. Yes, it's true that there is a time for everything and even though it has come later in my life, it is that much sweeter! All glory, honor and praise go to God who has given me all that I have. He is first and foremost in my life."

We are fortunate to have such a talented artist living in our midst at Hershey's Mill!



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HERSHEY'S MILL ACTIVITIES CROSSWORD PUZZLE

Activities available at and through Hershey's Mill are extensive. Whether organized by residents or developed specifically for the Mill by others, choices range from "just for fun" to competitive, and from healthy lifestyle to ongoing education. Our puzzle is filled with a few of these activities – have fun and good luck!

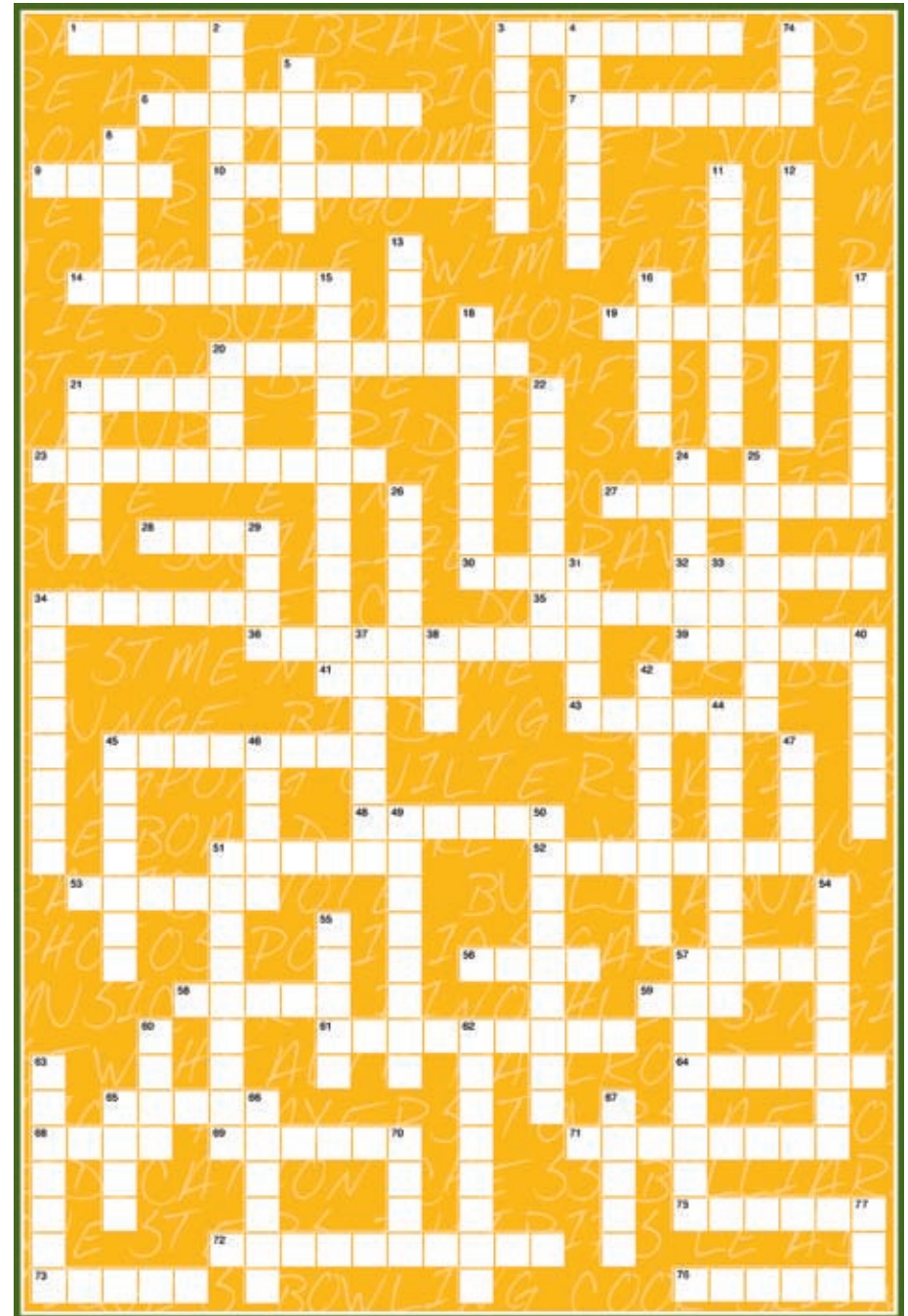
Across

- 1 English pub favorite
- 3 Not just books here
- 6 Includes "Mermen"
- 7 Book club preparation
- 9 Join a few or lead one
- 10 Beyond training wheels
- 14 Live performance music
- 19 PC or Mac
- 20 Helps others
- 21 B-7, D-2
- 23 Gherkin of sports
- 27 No-work tile-work
- 28 Aim, swing, cuss
- 30 Butterfly is one such stroke
- 32 Focused fitness in 2 words
- 34 Festivities with friends
- 35 Help groups
- 36 Watch out for ringers
- 39 In time and thimble justification
- 41 To eat at the Club
- 43 Not just for summer camp
- 45 A brush with art
- 48 Mother made it
- 51 Also a span
- 52 To make look great/festive
- 53 On clay, grass, or Tiger
- 56 We gaze at with Ambassadors
- 57 Italian bowling
- 58 Religious study of it
- 59 Move fast on trail or road
- 61 With friends and neighbors
- 64 Gotta get away
- 65 A deck of a good time
- 68 Measure twice, cut once shop
- 69 Interpretation using pencil
- 71 Pips galore
- 72 Master money club
- 73 Board, ball and mind
- 75 Multiple trips to the same venue
- 76 Winter tennis

Down

- 2 Score one for linked words
- 3 Best done poolside
- 4 Flighted interest
- 5 Musical motion for fitness or fun
- 8 Game, not squad
- 11 Tennis on table
- 12 Puffy sewing
- 13 Create with needles
- 15 Slide your way to victory
- 16 Ante up
- 17 Stringing together words
- 18 Kiln craft
- 20 Cast yours near home
- 21 Make scenery or furniture
- 22 Group wet workout
- 24 Camera club focus
- 25 Influence policies and people
- 26 Produce and flowers here
- 29 Sullivan House advocates
- 31 Singing, playing, listening
- 33 Picasso made it
- 34 High trump wins it
- 37 HM or casual group does it
- 38 Joining fabric
- 40 Screenings for your ...
- 42 A model hobby
- 44 On "the air" and web
- 45 HM stage performers
- 46 Guided, audio, and other
- 47 To look at HM flowers
- 49 Healthy "cardio" movement
- 50 Makes you smarter
- 51 Rack 'em
- 54 Historically curious group
- 55 Checkmate
- 57 All aboard to fun
- 60 To guide a group
- 62 Old stuff of interest
- 63 Strike up competition
- 65 Recipes in the *G and D* help
- 66 Needs a slippery slope

- 67 Many wordy clubs discuss these
- 74 Favorite "walked" companion
- 70 Welcomes a party or group
- 77 Audubon areas beautiful to ...



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Saturday, February 27, 2016

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Departs: 11:00am

Contact: Marc Fraser

Enjoy professional ice hockey at the Wells Fargo Center in Philadelphia, as the Philadelphia Flyers face off against the Arizona Coyotes at 1pm. Riding on the Hershey's Mill Bus allows you to avoid the costly parking fees; and also means no driving in Philadelphia traffic! Admission tickets can be purchased on your own; or you can arrange through me to purchase tickets in the section of your choice (with your preference of price and/or location as available). Currently, tickets start at

\$39; however, this is subject to change as the event nears. *Children age 8 and older are welcome!*

The World Famous Popovich Comedy Pet Theater

Friday, April 1, 2016

Cost: \$20

Departs: 6:45pm

Contact: BJ VanSchooneveld

We had so much fun last year at this show that we decided to offer it again! This is a family-oriented blend of the unique comedy and juggling skills of Gregory Popovich, and the extraordinary talents of his performing pets. Each of the show's cats and dogs were once strays and

were rescued from animal shelters. We will spend a delightful evening at West Chester University enjoying clowns, juggling and balancing acts, and of course, very talented performing pets.

Barnes Foundation and Rodin Museum

Thursday, April 21, 2016

Cost: \$70

Departs: 8:45am

Contact: Priscilla Burt

or

An unmatched opportunity to explore Picasso's genius through the Barnes Foundation exhibit "Picasso: The Great War, Experimentation,

Trip payment checks should be made payable to "Hershey's Mill HOA", sealed in an envelope (noting trip name and date), and placed in the maroon Customer Service mailbox next to the Security Center in the exit lane at the Main Gate.

Bus leaves promptly at the scheduled time. Please plan to arrive 10 minutes early.

All bus riders must be age 18 or older (unless specifically noted in description).

The HM Bus Committee is always looking for more volunteers to share ideas and plan trips! If interested, call Marc Fraser at

and Change." The audio tour includes more than 50 works from American and European museums exploring Picasso's altered pictorial style from Cubism, which he pioneered, to the naturalistic style. Time is permitted to view the permanent exhibit at the Barnes. After lunch at the Garden Restaurant (included in the cost), we will visit the nearby Rodin Museum for a guided tour of the sculpture of Rodin and the recently rejuvenated formal French garden.



If you would like to see more or different trips, we hope you'll share ideas and help us plan them.

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2015-2016 WCU Travel Adventures

Tuesday Evening Series

Cost: \$8 (Single Date Bus Only) + Event Admission
Departs: 6:30pm
Contact: Sandy Waldman

The West Chester University Travel Adventures series is a wonderful and inexpensive way to see the world! The presenters are professional photographers who entertain across the country, and we are very fortunate to have these programs available close by. The WCU Geography Department remaining programs are:

- February 16, 2016**
Florida's West Coast
- March 15, 2016**
South America & Central America

March 29, 2016
Not a Day Goes By: Remembering Hell's Canyon
 Purchase event tickets in advance or at the door.

2015-2016 Walnut Street Theatre

Thursday & Saturday Matinees

Cost: \$41 (per show)
Departs: 12:30pm
Contact: Adele Juzi (Thursdays)



Contact: Connie Cline (Saturdays)

Remaining 207th anniversary season:
Thursday 2/4/16 & Saturday 2/13/16
Harvey
Thursday 3/31/16 & Saturday 4/9/16
Peter And The Starcatcher

The Playhouse on Rodney Square

Wednesday Matinee Series

Cost: \$235
Departs: 12:30pm
Contact: Adele Juzi

This venue was previously known as DuPont Theatre. We will attend three performances this season:

February 24, 2016
Chicago

A tale of fame, fortune, and all that jazz with one show-stopping song after another and some astonishing dancing!



April 20, 2016
42nd Street

Portrays the story of a starry-eyed young dancer's journey from her Allentown home to becoming a Broadway star!

May 11, 2016
Jersey Boys

The Tony, Grammy, and Oliver award-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons.

Reserve your orchestra seats as soon as possible!

Thursday 6/2/16 & Saturday 6/11/16
Sister Act

We're collecting names as vacancies become available for individual shows.

2015-2016 Philadelphia Orchestra

Friday Evening Series

Cost: \$14 (Single Date Bus Only) + Performance Admission
Departs: 6:00pm
Contact: Ann Seraphin

If you haven't been to the Philadelphia Orchestra, or haven't been lately, join us to experience the wonderful and thrilling music which you've been missing! Our remaining series dates are:

- February 12, 2016**
- March 11, 2016**
- April 29, 2016**

Call now to reserve your place.

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Louise O'Brien | Springton

Our great regular "Dining Out" contributor has taken this month off, so I am filling in with a Dining Around article this month. Recommendations were asked for, and I received several for this restaurant.

I called ahead to make sure that



Our waiter was very helpful, and took time to explain the large beer selection – and I mean *really* large. I didn't realize that there were that many different beers, and it seems they change on a regular basis.

We started with a Beet Terrine Salad that has red and gold beets layered with goat cheese and is served over arugula topped with a balsamic reduction; and also a Poached Pear Salad that is made with apple cider poached pears with red leaf lettuce, bleu cheese crumbles, toasted pecans, and apple cider honey

Since the chief is English, I chose Fish and Chips for my entrée, and it was a wise choice. The fish was beautifully white and firm in a very crispy crust. Gerry chose the "house specialty" which is a Pulled Pork Sandwich served with coleslaw and hand-cut fries. Our dining companion's selection was the Taproom Burger made with double-smoked bacon and cheese, and hand-



nuts. Roasted Garlic Risotto topped with crab and asparagus is on the regular menu; along with Wild Boar Papardelle.



Station Taproom

Photos courtesy of Station Taproom

**207 West Lancaster Ave.
Downingtown, PA
(484) 593-0560**

the regular chief, Tim Smith, was on duty, and four of us went on a Monday evening at 5:45pm and found the restaurant already completely full. They do not take reservations as it is "first come first serve" and a thirty minute wait ensued. If this is a typical early Monday evening I can't imagine what the wait would be at a later time or on a Friday or Saturday night. The restaurant is small, and has a friendly and casual atmosphere. Everyone seemed to be a regular diner. The noise level is very loud and must be noted.

vinaigrette. These salads were so delicious that I started to understand why the restaurant was filled at 5:30pm. Next, we shared a "small plate" of Crab Rangoon Dip, which is crab with sour cream, parmesan cheese, and scallions served with crispy wonton chips. This was another hit.

cut fries. To finish off our delicious meal, we shared a "special of the night" which is Wasabi Ice Cream. Sounds just awful but was simply different and delicious.

The food is the star at the Station Taproom and makes up for the long wait and the noise. The menu is not the usual fare and excites you to try something different. For example, they serve Gnocchi made with sweet potato and wild mushrooms, spinach cream sauce and toasted pine



I would summarize by saying this is a taproom with upscale food and very little atmosphere. You have to really like the food to like the Taproom. They are open Monday through Thursday from 3pm to 11pm, Friday and Saturday from noon to midnight, and Sunday from 11am to 10pm. There is a Sunday Brunch served from 11am to 3pm.

The Station Taproom is located on West Lancaster Avenue directly across business Route 30 from the Downingtown Septa/Amtrak train station. Next to the restaurant is a metered municipal parking lot with entry from Stuart Avenue.

If you are in the mood for interesting and delicious food, and a raucous atmosphere, you should give them a try.

Greg Gaul | Ulster

People are funny, golfers are even funnier. Everyone wants to be the first. Whether you're aware of it or not, there has been a long-standing competition for who can say that they were the first place where golf was played. The Dutch, the Scots, and the Germans all lay claim to its start worldwide. Here in the U.S. a number claim first privileges, including: Vermont's Dorset Field Club; the Apple Tree Gang in Yonkers, New York; Charleston South Carolina's club and course; the Homestead's Oakhurst Golf Club; Chicago Golf Club; and even

Sarasota Florida's two-hole golf course constructed in 1886.

Worldwide the competition gets thick with consideration of games called "Colf" and then "Kolf". Similar games to what we know today (beyond the sound of their names) except they were often played in towns on small plots of land called courts; and not always to holes (some to stakes in the ground or to doorways), or even played on ice. The balls and clubs were different too; balls of wood, and clubs that looked more like hockey sticks.

So when does it become golf, close to what we know? Does it have to be played across two, six, nine, twelve or eighteen holes for it to qualify as real golf? Worldwide, it gets murky. But clearly it goes back in time further than

here in the U.S.; possibly to the 1400s. In the U.S., it is debated that it may go back to earlier than the 1800s depending on your criteria for what determines a "golf club" (organization) and a "golf course". For all of the discussion,

partners going back to the 1200s. Here in the U.S., the thread usually comes from Dutch settlers, Scots, or Brits who came here and brought the game. Some say Americans brought the game back from visits to the old world.

Golfing Origins: The Great Consternation



February Club Activities

- Friday, February 5 Club now open for lunch and dinner on Fridays and Saturdays
- Saturday, February 13 Valentine's Day Dinner
- Saturday, February 27 Indoor Miniature Golf

"You don't hit anything on the backswing, so why rush it?" – Doug Ford

Golf Tip

Everyone wants to add distance to their drive, but to do so you need to increase clubhead speed. There are many factors, all based in physics, that allow that to happen. A major one of these factors is creating a wider arc. To do this, start your backswing along the ball-target line

very slow and low to the ground for the first 24-30 inches. You should feel a dramatic increase in your extension. Maintain that new feeling throughout the swing to a full finish, and watch the ball fly down the fairway.

Matt Harvey, PGA



A Dutch painting from the 1600s


sometimes the game was played on the village green; not on a formal course solely for golf activities.

Humans being humans, the competition persists. Aficionados claim court records prove their case; trade agreements for golf implements verify their heritage and kingly proclamations attest to the facts. Especially true of European claims, particularly to the Scots and the Dutch who were trade

Regardless, the consternation is a source of great pride for the combatants. Here in America, I'd have to say the nod must go to golf being played (similar to what we know) first in South Carolina, Charleston, in 1786. Worldwide, the Dutch have a stronger claim from the 1400s than even the Scots (those loveable "laddies").

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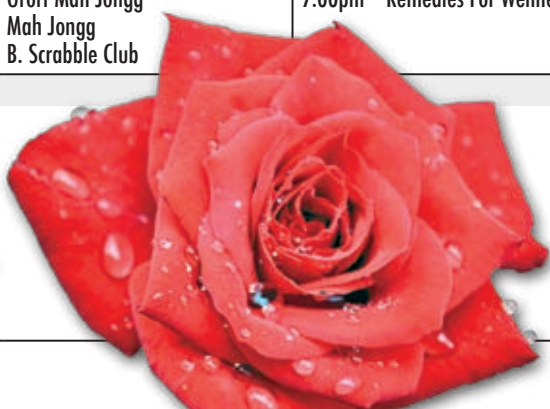
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	2 9:30am HMGC Bridge 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm Camera Club	3 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge Lesson 10:00am Ageless Exercise 12:30pm Art Group 12:30pm Social Club Bridge 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Casual Singing Group 7:00pm Mah Jongg	4 10:00am Alzheimer/Dementia Support Group 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm Travel Seminar 6:30pm Poker 7:00pm Remedies For Wellness	5 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Scrabble	6 (SH) takes place at Sullivan House. Dates and times subject to change. Contact program leader for details.	7 4:00pm Boomers Party
8 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	9 9:30am HMGC Bridge 10:30am Hearing Screening 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm (SH) Great Books Club	10 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg 7:30pm Boomers Scrabble Club	11 10:00am Yoga 11:30am Mermaid Book Club 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 2:00pm (SH) Books Discussion 6:30pm Poker 7:00pm Remedies For Wellness	12 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub	13 10:00am Mac Computer Group	14
15 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	16 9:30am HMGC Bridge 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm PC Computer Club	17 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 9:30am Intermediate Bridge Lesson 10:00am Ageless Exercise 12:00pm Social Club Bridge 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg	18 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm Remedies For Wellness	19 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg		
22 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	23 9:30am HMGC Bridge 10:30am Hearing Screening 1:00pm Mah Jongg 1:00pm Pinochle 1:30pm Mah Jongg 3:00pm (SH) Model Railroaders 7:00pm (SH) Great Books Club	24 7:30am Men's Bible Study 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:30pm Art Group 1:00pm Dominoes 1:00pm Groff Mah Jongg 7:00pm Mah Jongg 7:30pm B. Scrabble Club	25 10:00am Yoga 1:00pm Card Games 1:00pm (SH) Chess Club 1:00pm Knitting Circle 6:30pm Poker 7:00pm Remedies For Wellness	26 8:30am Aerobic Dancing/Exercise 9:00am HMGC Bridge 10:00am Ageless Exercise 10:00am Quilters 12:30pm Silio Billiards 1:00pm Pickleball Mah Jongg 2:30pm Rummikub 3:00pm Bingo	27 10:00am Mac Computer Group	28
29 8:30am Aerobic Dancing/Exercise 10:00am Ageless Exercise 12:00pm (SH) Circle Of Friends 12:30pm Mah Jongg 12:30pm WH Duplicate Bridge 1:00pm Talking Bridge 3:00pm Bridge 7:00pm WH Duplicate Bridge	<i>Love can never be the promise of a rose garden unless it is showered with sincerity, warmed by faith, and tended by passion.</i>			February 2016 Activities Calendar		



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FOR SALE Regulation doctor's scale with height measure. In very good condition. \$25. Call

FOR SALE Spode China, "Florence" pattern, 8 place settings plus many side pieces. \$300. Asking price is far less than value. Call

FOR SALE Nutcracker original, with tag "Steinbach" limited edition #002478/10,000. The "White Rabbit" is 18" tall, from Alice in Wonderland series; has eye glasses, umbrella, clock, velvet vest, and blue glass eyes. Retail is \$250-\$300. \$100. Steinbach Nutcracker "Clara" limited edition #009610/10,000 with tag. Blond hair, velvet tam, cotton eyelet dress, fuchsia coat, and holding toy soldier. Kept under glass. Retail is \$250-\$300. \$100. Call



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WANTED Participants for Hershey's Mill clubs and activities; most of which are active year round. Just about everything is more fun with others, and the groups at the Mill (including the HM Players, a few of which are shown) would love for you to join them. Check out the Activities Contacts, and give them a call today!

VICTORIAN WEEKEND IN CAPE MAY

Bert Peterson | Quaker

This is a fundraiser to benefit Paoli Memorial Hospital. Celebrate Cape May's famous Victorian Weekend and stay in a lovely home in Cape May Point, just 4 miles from downtown. The dates are **Thursday, October 6 through Monday, October 10.**

The weekend consists of trolley tours, a champagne brunch,



craft shows, house tours, chocolate tasting, and much more. You will be staying at a beautiful "upside down" house (*not shown*) that sleeps eight and is close to the beach. You can choose to visit the Cape May Lighthouse, and also enjoy bird watching at Cape May Point – and it will be at the height of the migration season.

Raffle tickets will be sold at Friday Happy Hour during February at the Club House. Members of the Hershey's Mill Auxiliary of Paoli

Memorial Hospital will be there to sell you one chance for \$15 or two for \$25.

For further information, contact Judy Krischker at _____ or _____; or Carolyn Egan at _____ or _____.

COLORADO ROCKIES TRIP

Jason Lang | Director of Recreation East Goshen Township

East Goshen Township wants you to know about a Colorado Rockies and Historic Trains Trip exclusively for 55+ adults. An information meeting will be held on **Thursday, February 4** from 2pm to 3:30pm at the Hershey's Mill Community Center. The trip will take



place in September of 2016, and is a special offering through Collette Travel.

If you are unable to attend the meeting, or just want to learn more about this exciting trip, you can visit us at www.eastgoshen.org or [\[youtube.com/channel/UCIepOAEAR-3JJGOMIb2TYsTQ\]\(https://www.youtube.com/channel/UCIepOAEAR-3JJGOMIb2TYsTQ\). Or for additional information call me at 610-692-7171.](https://www.</p>
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HERSHEY'S MILL REAL ESTATE SALES RESULTS FOR 2015

Lynne Carter | Kennett

2015 was an active year in Hershey's Mill in the real estate arena. It continues to be a popular choice among buyers looking to downsize and make a lifestyle change. Below is an overview of activities for 2015:

- Properties **Sold and Settled**, as reported in the Multiple Listing Service (MLS), was **85**. Days on Market (DOM) was 46.
- Properties **Sold and Pending Settlement** was **12**. Two-thirds of those were scheduled to settle in January 2016. Days on Market was 59.
- Properties **Active on Market** as of December 31, 2015 are **44**. Days on Market is 95.

We are experiencing a slightly longer timeframe for properties to sell. This

past year has had its "ups and downs" as seen in the financial markets as well as in the world at large. I think this has certainly had an impact on the 55+ buyer group. Selling and purchasing a new home and lifestyle is a major event, as we all know.

Looking at 2016, I think Hershey's Mill will continue to be an active real estate venue. The marketing efforts of the Master Association, including the spring



and fall Community Open House events, have been significant and successful – and the outlook for the 2016 events is also positive.

Thanks to all our residents who make Hershey's Mill an awesome place to live; one that has value and an abundance of friendships. I wish you all happiness in this new year!



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Michael C. Neale, P.C.H.
Connie L. Friedrich, P.C.H.

Original Programming	February 1-15, 2016			
Making a Difference with Therapy Dogs - Part 1 <i>With Allen Ruth</i> Originally shown in 2009. Meet Craig Snyder and best friend Zoe. They're a therapy dog team.	10:00 am	4:00 pm	7:00 pm	12 am
Making a Difference with Therapy Dogs - Part 2 <i>With Allen Ruth</i> Craig discusses what he does as a volunteer and owner of a therapy dog. Most people will think the star is the one with the white hair.	10:15 am	4:15 pm	7:15 pm	12:15 am
Main Line Deputy Dog <i>With Kathy Myers</i> Originally shown in 2012. An interview with Executive Director Mark Stieber and Trainer Mary Remer about a program that helps people with physical challenges or psychiatric concerns train a dog for assistance.	10:30 am	4:30 pm	7:30 pm	12:30 am
Canine Division of the Sheriff's Office of Chester County <i>With Charlie Vogel</i> Originally shown 2009. Meet Deputies Frank Broomall and Tom Miller, along with their partners Nero and Cento. Learn about their experiences at the Sheriff's office.	10:45 am	4:45 pm	7:45 pm	12:45 am

Movies Noon and 8:30pm	February 1-8 (noon only on the 8th) Meet Joe Black (PG-13) <i>Brad Pitt and Anthony Hopkins</i> Death, who takes the form of a young man, asks a guide to teach him about life on earth and falls in love with the guide's daughter. [Run time 3h]
	February 8-15 (8:30pm only on the 8th; noon only on the 15th) My Big Fat Greek Wedding (PG) <i>Nia Vardalos and Lainie Kazan</i> A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him. [Run time 1h 35m]

Bulletin Board	1:00am-10:00am	11:00am-Noon	Following the movie until 4:00pm
	5:00pm-7:00pm	8:00pm-8:30pm	Following the movie until Midnight

Original Programming	February 16-29, 2016			
Pet Vet - Part 1 <i>With Kathy Myers</i> Originally shown in 2009. Kathy talks to Dr. Kimberly Knipe, owner of a mobile veterinary practice, about her work with cats.	10:00 am	4:00 pm	7:00 pm	12 am
Pet Vet - Part 2 <i>With Kathy Myers</i> The conversation continues; this time about Dr. Kimberly Knipe's work with dogs.	10:15 am	4:15 pm	7:15 pm	12:15 am
Wolf Sanctuary of Pennsylvania - Part 1 <i>With Neil Atkins</i> Originally shown 2011. Dennis Binkley, a volunteer at the Wolf Sanctuary, discusses general facts about this wonderful place.	10:30 am	4:30 pm	7:30 pm	12:30 am
Wolf Sanctuary of Pennsylvania - Part 2 <i>With Neil Atkins</i> Dennis discusses the different personalities of the wolves, and tours of the sanctuary.	10:45 am	4:45 pm	7:45 pm	12:45 am

Movies Noon and 8:30pm	February 15-22 (8:30pm only on the 15th; noon only on the 22nd) Ghost (PG-13) <i>Patrick Swayze and Demi Moore</i> After an accident leaves a young man dead, his spirit stays behind to warn his lover of impending danger. [Run time 2h 7m]
	February 22-29 (8:30pm only on the 22nd; noon only on the 29th) Father of the Bride (PG) <i>Steve Martin and Diane Keaton</i> With his oldest daughter's wedding approaching, a father finds himself reluctant to let go. [Run time 1h 35m]

To view Channel 20's original programming on your computer:
Go to hersheysmill.org, TV & Digest, HMC-TV20, Original Programming.

To view/print HM cable channels:
Go to hersheysmill.org, TV & Digest, Cable & Comcast. You can choose to view a basic or full channel listing.

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APPLE MAC CONNECTION

Carol Campanelli | Ulster

Since this February edition may arrive a few days early, I wanted to remind all that January's 4th Saturday Newer User's Group will meet on **January 30**. Refreshments will be available.

February 13 is a great opportunity to learn more about the Mainline Macintosh Users Group, the sponsoring group for our 4th Saturday meetings that take place *right here in the Mill!*

At **9am on Saturday, February 13**, the Main Line Macintosh Users Group will again meet in the Hershey's Mill Community Center. There is no charge, and all are welcome. Come for all or just part of the morning's events, and hone your computer skills. Questions are welcome in all segments. The program schedule is:

9:05am to 10:05am: After the meeting in the Main Hall, the three concurrent Special Interest Groups (SIGs) will convene in separate rooms; the Paoli, Malvern, and Ardmore rooms. Signs will direct you.

Newer Users. Covers the most basic questions you may have about your Mac/iDevices and how to use them.

Multimedia. Discusses using your Mac/iDevices, as well as applications

for photography, video, audio, and print media.

Mac OS & iOS. Goes beyond the basics to discuss Apples current operating systems, using your Macs and iDevices, and various applications. Also includes a Question & Answer session.

10:05am to 10:15am: Break.

10:15am to 10:30am: Welcome, and other business in the Main Hall.

10:30am to 11:50am: Main Presentation, that should be of interest to all.

11:50am to noon: Raffle and silent auction.



February 27 will be the regularly scheduled Newer User's session in the Ardmore Room. Refreshments will be available, as usual.

HERSHEY'S MILL CAMERA CLUB

Carol Poling | Oakmont

We are a friendly group of people with varying degrees of experience in photography; from beginners to experienced, and where all levels are welcome. We hope that providing instructions

and ideas will encourage and develop interest in photography. We presently meet the **1st Tuesday** of every month at the Community Center, at **7pm**, in the Ardmore Room (upstairs).

Exhibiting our work is also one of our goals; whether here at Hershey's Mill or at local galleries. We plan to have monthly assignments such as landscape photography. So, following our meeting members would head out and photograph something of interest in a landscape. At our next meeting, we would have a friendly critique and suggest ideas for improvement. *We want this experience to be fun – no stress.* If you are interested in joining our group, and we certainly hope you are, please call me at _____, or Michael



Rackover at _____. We would be happy to provide more information, and answer any questions you have. We are also contemplating having our meetings during the day to create more interest – let us know what you think.

COMPUTER CLUB

Don Trauger | Kennett

Be sure to attend the PC Computer Club meeting on **Tuesday, February 16** at **7pm** in the Ardmore Room of the Community Center. There is a new topic discussed each month, as well as a question and answer segment. So bring your questions and we will make an effort to get you answers.

REMEDIES FOR WELLNESS

Anita Weeks | Kennett

Students who attended class to learn the Remedies necessary to attain better health have achieved their goal. I am now sure of the value of this class. Although it is hard to believe the students have achieved better health, the sharing and caring between all the

Camera Club bird photographs by Michael Rackover of Franklin Village

participants has done what they could not have done by themselves.

Call me at _____

to schedule an interview for next year's class. It is possible to learn how to get rid of stress by faithfully attending these 45 minute classes. Please check that you have **Thursday nights** free for six months.



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HM LIBRARY NEWS

Donna Spoto | Ulster

It's probably cold outside! So for those of us that have not escaped to a warmer climate, I recommend that you curl up with a good book. Our librarian, Peggy McReynolds, has just purchased 2016's early best sellers. Come see what is available. Great books are also always for sale from our library cart. If you, or someone you know, are unable to get to the library, please contact Becky Bell at _____ to make arrangements to get books delivered.

Another activity on a cold day is to clean out some of your books and donate them to our library for the used book sale in September. Please remember that we would like "gently used" books; and religious books should go to a local church.

We do have some authors who are residents of Hershey's Mill, and the library thanks those who have graciously donated a copy of their book(s).

Please remember that during inclement weather our library volunteers may choose to modify library hours as needed - we want all to be safe. Warmer weather should be here before you know it.

NEW LIBRARY BOOKS

Peggy McReynolds | Yardley Librarian

Alphabetical by Author

Albom, Mitch - *Magic Strings of Frankie Presto*

Allende, Isabel - *Japanese Lover*

Baldacci, David - *Guilty*

Challinor, C. S. - *Murder at the Dolphin Inn*

Community Center Library Hours
Monday to Friday 10 a.m. - 2 p.m.
Saturday 10 a.m. - Noon

www.hmlibrary.com

Connelly, Michael - *Crossing*
Cornwell, Patricia - *Depraved Heart*
Crais, Robert - *Promise*
Downing, David - *One Man's Flag*
Evanovich, Janet - *Tricky Twenty-Two*
Fury, Dalton - *One Killer Force*
George, Elizabeth - *Banquet of Consequences*
Gerritsen, Tess - *Playing With Fire*
Grisham, John - *Rogue Lawyer*
Hilderbrand, Elin - *Winter Stroll*
Kaplan, James - *Sinatra*
Kilmeade, Brian - *Thomas Jefferson and the Tripoli Pirates*
Koppel, Ted - *Lights Out*
Meacham, John - *Destiny and Power*
Nordinger, Jay - *Children of Monsters*
Patterson, James - *Cross Justice*
Preston, Douglas - *Crimson Shore*
Rothschild, Hannah - *Improbability of Love*
Schiff, Stacy - *Witches*
Scottoline, Lisa - *Corrupted*
Shapiro, B. A. - *Muralist*
Smiley, Jane - *Golden Age*
Sparks, Nicholas - *See Me*
Williams, Beatriz - *Along the Infinite Sea*

The very existence of libraries affords the best evidence that we may yet have hope for the future of man.

- T.S. Eliot

Don Trauger | Kennett

Given some instruction, a Windows 10 computer can be repaired by most users. That

In the window that opens, click Update & Security. Next, click Recovery. You will see two items listed. The top one is Reset this PC, the bottom is Advanced



Startup. Reset this PC allows you to choose two different methods to

To personalize Windows 10, check out Tech Tips in the December 2015 *Guide and Digest*.

would be useful to employ when Windows 10 is not running correctly, or if the user wishes to revert back to their previous operating system such as Windows 8.1 or Windows 7.

To start a repair, click the 4-pane white icon in the lower left corner. Click Settings in the Menu or type “settings” (no quotes) in the Search field to the right of the icon, then click Settings at the top.

repair your PC. In the window, click Get Started which allows you to see the two choices. Be very careful here as both choices will make major changes to your computer. The top choice, Keep My Files, will remove your apps (programs) but save your personal files; and will re-install Windows 10. The bottom choice, Remove Everything, will wipe your system and re-install Windows

10. Since both choices are major, let’s consider a simpler method that’s been around for years – System Restore.

System Restore is the first repair attempt you should try. It allows you to pick a date when the computer was working normally. There’s no re-installing Windows 10, or apps, and no loss

while you click Restart. This method will allow you to perform all of the previous levels of repair mentioned. Click Troubleshoot to Reset this PC, or Advanced Options for the System Restore function and other repair options.

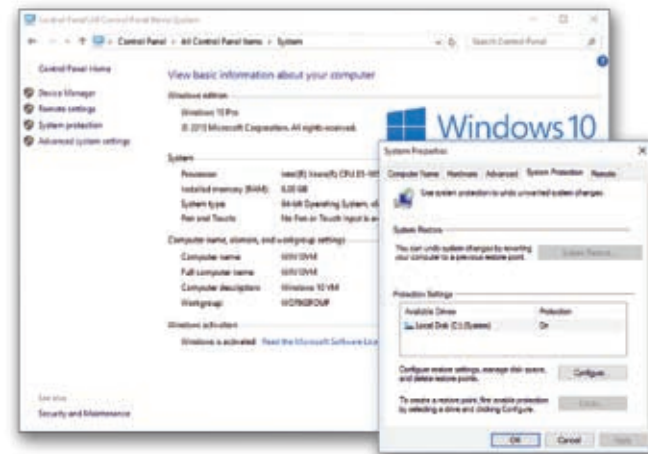
If all else fails, and it’s been less than 30 days since you upgraded to Windows 10, you can go back to your previous operating system.

Windows 10 Restore & Recovery

of your data. It often solves the problem at hand. To initiate a restore to an earlier point in time, open the Control Panel by right clicking the white icon and clicking Control Panel. Change the view of the Control Panel by choosing Large Icons instead of Category near the upper right of the Control Panel. This

allows you to see all the Control Panel items in alphabetical order. Next, click System, then System Protection in the upper left. Click System Restore. Click Next, then choose the latest date when the computer was known to be working normally. Click Next, and follow any screen prompts. Hopefully, after a restart, your problem will be fixed.

You can also attempt a repair by clicking the white icon, then clicking Power, then holding down the Shift button



Open Settings, click Update & Security, and click Recovery. This option will disappear after the 30 day limit has expired.

The PC Club meetings are open to all regardless of computer experience. If you have questions that you would like help with, be sure to attend on the **3rd Tuesday** of each month at **7pm** upstairs in the Community Center. We’ll cover Windows 10 repair and recovery this month.

Charlie Gentile | HMSG President
... with Don Evons

"Baby, it's cold outside." Each year it seems that exercising during the winter months becomes less desirable. After all, who feels like dressing up like a mummy to take a walk and risk slipping on the ice? Even heating up the car to head for the gym can be a depressing chore. However, the holidays may have taken their toll with your energy level and waistline, so hibernation may not be the best option.

Some people love skiing (yours truly), ice skating, and paddle tennis, but for those who do not, the following are some options and advice to get you moving.

In last month's *Guide and Digest*, we focused on five of the local fitness centers; if you missed it, go back and take a look – there is probably one that fits your persona. And these centers have programs to help you establish and attain goals.

Speaking of goals, set them! Choose big or small, and make a plan for how to achieve them. If you need help, don't be shy; find a friend to help you get ready for spring. If March is warm, and you are ready to head outside to enjoy it, you will wish you had stayed in shape. So don't wait, stay or get in shape now!

Cold or not, you should get out and play. We ski every Thursday. After lunch, we take a couple of runs, have a beer, and drive home. Even if you have never skied, give it a try; there are instructors available to get you started. Or how about ice skating; which is available both indoor and out. You might even consider a little ice hockey – the stick may help to keep you upright! You and your team may not resemble the Philadelphia Flyers, but it will be fun; and it may just be a little bit of a risk. The biggest risk is falling over from laughing!



How about a trip to snow country? Even if you only enjoy time in front of the fireplace, the atmosphere may just

a winter atmosphere reminiscent of Bing Crosby's "White Christmas". So get going and be adventurous. And for

Staying (Getting) Fit This Winter

entice you to try something adventurous. Never can tell – it may set the

the many of you are probably saying "what is this guy talking about – I am too old." I say "no you are not!"

Get Involved; Play Where You Live

Skiing – Every Thursday at Blue Mountain. Depart at 7:30am and be back by 5pm. Skiing is free for those age 70+.

Paddle Tennis – Open play, and group play during scheduled times.

Pickleball – Indoor open play at ACAC, YMCA, Concord, Garnet Valley (www.gherkins.org), and United Sports in Downtowntown. Call venues for days and times.

If getting away to the snow country is simply beyond your wildest thoughts, think about going south. Be sure to pick a resort like Club Med where the main activity is not just sitting on the beach and reading. If you are a tennis fanatic, this is the time to head to Arizona, southern Florida, or the islands. There are lots of vacation spots where you can enjoy the warm weather, and get a head start for your sport here at the Mill.



"Creating Lifestyles"

stage for future winter getaways. Some great places to try are the Trappe Family Lodge in Stowe, Vermont; Lake Placid, New York; or Split Rock Lodge in the Poconos. All are nice places with

Whether you are travelling to the snow, or living with it here, how about playing in it? Bring the grandkids over and build a snowman or snow fort.

Continued on page 51

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HERSHEY'S MILL SPORTS GROUP (continued)

Have a snowball fight. Show them how to make snow angels. And these activities burn about 300 calories per hour! Ice skating with them burns about 450.

My last advice? Don't gorge yourself on foods that aren't so good

for you – easy to do with all the leftover candies and such from the holidays! Try eating healthy oranges, good proteins from those leftover chestnuts, and make the most of your hot chocolate by choosing sugar free.



I hope that you all enjoy your winter; and that you make it your fourth season in which to enjoy staying active.

Email me at _____ with your ideas for the HM Sports Group, or questions about it. And if you would like to receive more up-to-date information about all that is going on, email Don Evons at _____

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Joe Kennedy | Princeton

During the first half of the 20th century, athletic competition among girls in public schools was limited. One notable exception was the girls' athletic program at Swarthmore High School, established by legendary teacher and Coach Virginia Allen. For 28 years, between 1931 and 1959, Allen's lacrosse teams went undefeated; and registering more than 250 wins.

In 1923, Allen graduated with a bachelor's degree in education from Temple, where she also earned many honors as an outstanding athlete. She then took a job as a physical education teacher and coach at Swarthmore High School; near her home in Media. Allen was the school's first teacher who taught all elementary, junior and senior high gym classes for two years; this was before the school had a full-time teacher for the boys. In addition to her classroom teaching, Allen coached girls' hockey and basketball.

In 1930, while attending a field hockey camp, Allen was introduced to lacrosse. She quickly mastered the sport, and introduced it to Swarthmore High in 1931; this according to Alice Putnam Willetts who captained the school's 1943 lacrosse team and was a longtime

assistant to Allen. The school's 1932 yearbook noted: "Miss Allen started with the basics of throwing, catching and cradling." These skills were taught in girls' gym classes, which resulted in large turnouts for the lacrosse team.

Allen began a school tradition of not cutting any players from the squad. As a result, she coached as



Virginia in 1938

many as six teams during a season and arranged games for those players who did not play in varsity games, remembers Willetts.

In the early years of Allen's tenure, most of Swarthmore's games were played against girls' private schools, which were usually from the Main Line. Beyond coaching at Swarthmore High, Allen conducted lacrosse clinics for new coaches and helped form a league with other public schools. During her coaching career, she helped 18 players who later played on U.S. or U.S. reserve lacrosse teams, and scores of her players continued with lacrosse on the college level after graduating from the high school. She was so enthusiastic that she joined a local women's lacrosse club, where she earned All-American honors.

Photo: K.M. Klemencic

Despite the large number of wins, the school's 1949 yearbook indicated that the students understood Allen cared for more than just the game. "To Miss

Coach Virginia Allen

Willetts, echoed a similar sentiment as follows: "Though her girls were great competitors, as she herself was, they learned from her that winning wasn't everything. She believed that most important was that her players comport themselves with skill and judgment as individuals, and with dis-

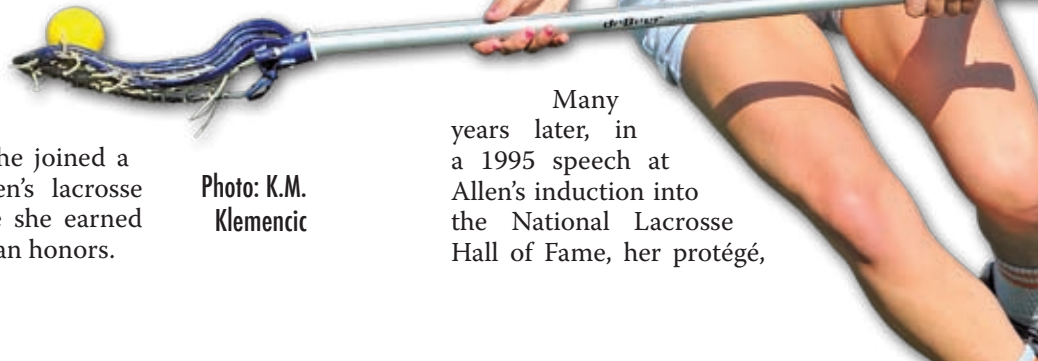
Allen, who in addition to showing us the path to athletic endeavor has also given

us a start down the field of life," was such a notation.

cipline and spirit as a team." Allen was later inducted into Temple University's Athletic Hall of Fame.

Outside the classroom and the playing field, Allen was the teacher sponsor of

Current female lacrosse players, such as the young woman shown here from 2011, owe much to the efforts and enthusiasm of role models such as Virginia Allen.



Many years later, in a 1995 speech at Allen's induction into the National Lacrosse Hall of Fame, her protégé,

the student council and choreographed dances for the school play. Allen never married, and she devoted her time to Swarthmore High and lacrosse. In her spare time though, she took up painting as an avocation in 1940.

In the 1950s, she began a physical struggle with rheumatoid arthritis. The disease forced her to retire as a teacher and coach in 1958, at the age of 55.

Continued on page 55

Humpty Dumpty Had a Great Fall.

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LOCAL HISTORY (continued)

In 1970, the National Lacrosse Tournament was held at Swarthmore College and dedicated to Allen for her service to the sport. Willetts remembered “a lovely June day” when Allen “was lifted into my bright red convert-

ible and transported to the Swarthmore College stadium.” “We slowly circled the track,” she said, “past the cheering crowd; it was here, with gratitude and affection that her many friends and former students dedicated to her the 1970 National Tournament.”



Over time, the arthritis became progressively worse and she was bedridden. She died in 1975, at age 72. After her death, Allen’s coaching legacy was continued by Willetts until the school was closed in 1983 and merged with Strath Haven High. Yet the memory of her winning streak and her service to girls’ sports remain with those who played for her.



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As much as we love to cook for (and eat with!) groups of family and friends, Valentine's Day is our siren's song for a romantic dinner with just our sweetie. It's also a great time to dust off those traditional pairings and recipes that your parents and grandparents enjoyed. Our featured recipes are written for just two, and along with an appetizer make a wonderful meal. Wine or liqueur is included in each, and we recommend you enjoy drinking what you cook with – that means no “cooking wine” like your grandmother used! It's also a great way to use any unusual wines you received from guests over the recent holidays. We hope that you and your sweetie, or possibly a good friend, enjoy them as much as we do.

Roast Chicken with Apple & Raisin Stuffing

This traditional preparation has many steps, but is easy – read through first. Instructions follow ingredients.

- 3 cups ice water
- 1½ tablespoons fine salt
- 1 cup light red wine
- 1 bay leaf
- 4 whole cloves
- 3-3½ pound chicken, cleaned

Combine ingredients in a bowl, submerge the chicken, cover, and refrigerate for 4 hours.

- 3 cups grated Golden Delicious apples (or similar)
- ½ cup raisins
- ¼ cup minced celery

- 3 tablespoons grated carrot
- 2 tablespoons grated almonds
- 1½ tablespoons minced onion
- 1½ tablespoons minced fresh parsley
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- ¼ teaspoon grated nutmeg

Combine all ingredients thoroughly to make the apple and raisin stuffing.

- Wine marinated chicken*
- Olive oil
- Salt and black pepper
- Sweet Hungarian paprika
- Apple & Raisin Stuffing*
- ½ onion, finely chopped

Preheat oven to 450°F. Remove chicken from marinade, and pat dry. Rub chicken inside and out with oil, then lightly sprinkle inside and out with seasonings. Pack stuffing into the cavity and sew or skewer shut. Place chicken

into an oiled roasting pan, and surround with onion. Roast for 15 minutes.

- 3 carrots, halved and cut to 3"
- 4 small onions (or larger quartered)
- 6-8 parsnips, cut into chunks

Parboil the vegetables in salted water for 4-5 minutes; drain, then set aside.

- 2 cups chicken stock
- 2 garlic cloves, crushed
- 2 teaspoons lemon zest
- Parboiled vegetables*

Add stock, garlic and lemon zest to roasting pan; then arrange vegetables around chicken. Lower oven heat to 325°F, cover, and roast for 45 minutes. Remove cover and roast an additional 15 minutes until chicken is golden. Remove chicken and vegetables to a platter, cover and keep warm.

- ¼ cup cold water
- 1½ tablespoons cornstarch
- ½ cup light red wine

Combine water and cornstarch, then whisk into pan juices. Add wine. Place roasting pan on medium burner, and cook and whisk for about 5 minutes until nicely thickened. Check and re-season as needed. Sauce can be served in gravy boat alongside the whole chicken, or ladled over the carved chicken or pieces. Stuffing may be removed, or served from chicken.

Soufflé Baked Potatoes

Now called “double baked”, but we like Grandma's description; and love to pair them with chicken just like she did.

2 baking potatoes

Scrub potatoes, dry, and wipe surface with olive oil. Sprinkle kosher salt on skin, and bake at 375°F for 45 minutes.

- 2 teaspoons white wine
- 1 tablespoon butter, soft
- ½ cup sour cream

- Salt and pepper, to taste
- 1 tablespoon minced fresh parsley

2 mushrooms, minced

Make a lengthwise cut on top of potatoes, and scoop out filling without damaging skins. Combine filling with ingredients, and place back into skins. Return to oven and bake until filling is browned.



Tipsy Apples

A cold-weather staple – the sweet flavors of winter baked into a tart apple.

- 2 large Granny Smith apples
- 4 teaspoons honey
- Pinch of fine salt
- ¼ teaspoon ground cinnamon
- ½ teaspoon grated nutmeg
- ¼ cup orange juice
- 2 tablespoons orange liqueur

Core apples, and place in a small, buttered baking dish. Sprinkle inside apples with 2 tsps of honey, salt, ½ tsps of cinnamon, and ¼ tsp of nutmeg. Pour juice in dish, and liqueur over apples, then drizzle remaining honey over apples and sprinkle with remaining spices. Bake at 300°F for 45 minutes or until apples are tender.

2 scoops vanilla ice cream

Plate apples and spoon sauce over them. Serve warm with ice cream alongside.



1-5 DAY KITCHEN UPDATES!

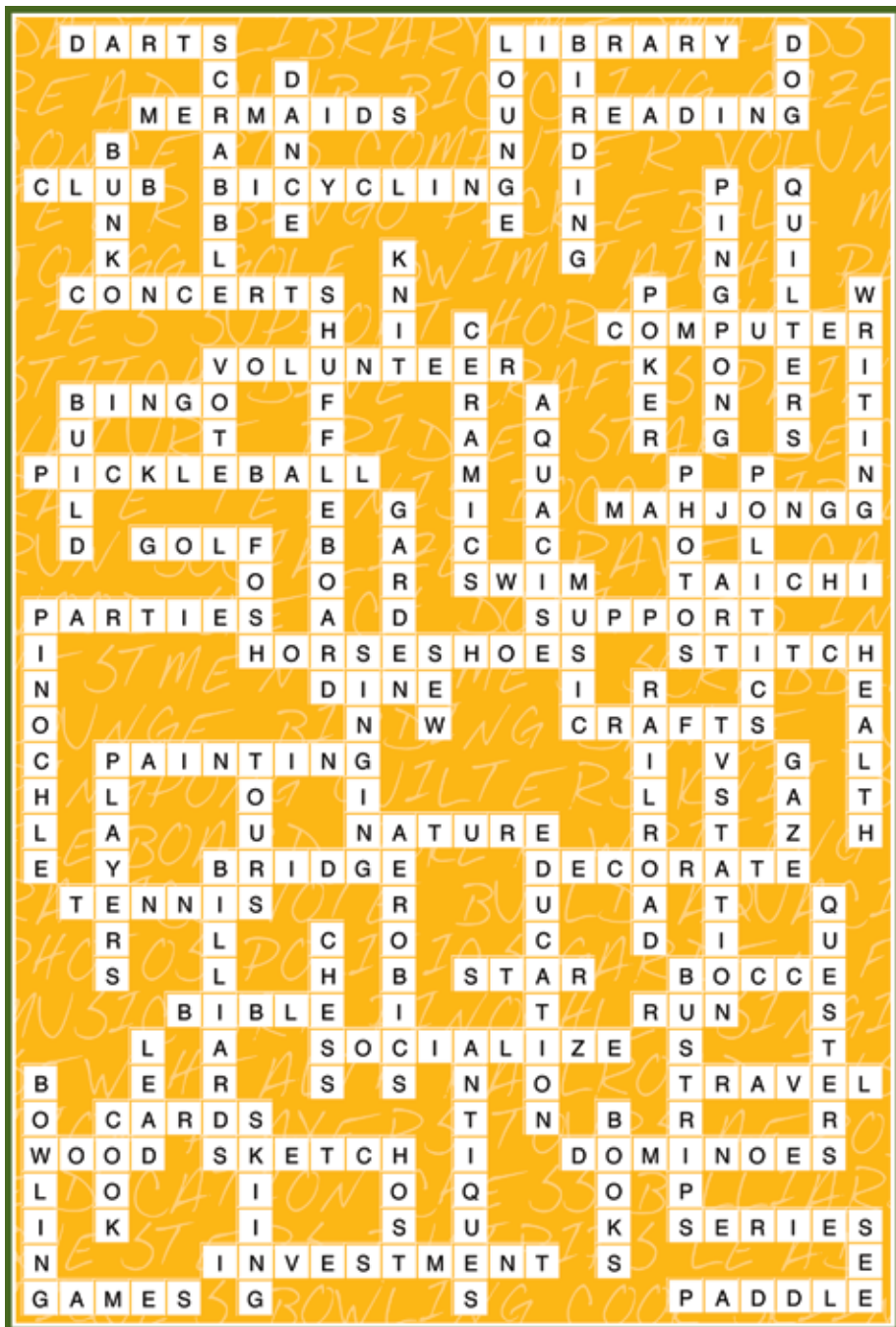
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STOP! Don't even think about peeking at the answer key until you've challenged your brain with the puzzle on page 20.



A great many activities and clubs just wouldn't fit in our puzzle. If your club or activity isn't included, or even if it is, we hope you'll send us an update on what's happening with it. We would love to provide exposure and information in a future *Guide and Digest!*



One of the many Mah Jongg tables on a day where they played in the Community Center. The charming smiles are courtesy of (from left) Judy Snyder, Barbara Poole, Dot Barlow, and Pat Yantis.

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ACTIVITIES CONTACTS

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Alzheimer's/Dementia Support Group.....	Karen Mulvey.....
Art Group.....	Dave Linton.....
Baby Boomers.....	Christy Herschel.....
Bible Study (Women's).....	Marian Malloy.....
Billiards Club.....	Joe Silio.....
Bingo.....	Hal Deal.....
Book Discussion Group.....	Anne McAssey.....
Bowling.....	Rick Metz.....
Bridge Groups:	
WH Duplicate Bridge, Mondays at 12:30pm.....	Joey Livesey.....
WH Duplicate Bridge, Mondays at 7pm.....	Lee Gamma.....
Golf Club Tuesday Bridgers, Members Only.....	J.B. Smink.....
Social Club Party Bridge, Members Only.....	Susan Hackstaff.....
Golf Club Friday Bridge, Members Only.....	John Marks.....
Bunco.....	Pat Phillips.....
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